

Household Commodity Fact Sheet

**OATS, ROLLED, QUICK, DRY**

Date: April 2009

Code: B437

PRODUCT DESCRIPTION

- Quick oats are a dry cereal with no added vitamins and minerals. It needs to be cooked before eating. Quick oats can be cooked in 1 minute in boiling water.

PACK/YIELD

- Quick oats are packed in 24-ounce bags, which is about 34 servings (½ cup each) of cooked oats.

STORAGE

- Store unopened bags of oats in a cool, clean, dry place.
- After opening, keep package tightly closed.
- Look at the “Best if used by” or “Best by” date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- Bring ½ cup water to a boil. Stir in ½ cup oats.
- Cook 1 minute.

USES AND TIPS

- Cook oats with chopped fruit and low-fat or nonfat milk instead of water for a filling breakfast.
- Quick oats can be used in a variety of baked dishes such as cookies, muffins, breads, and desserts.
- Quick oats can be used in place of bread crumbs in meatloaf, or in chicken and fish patties.

NUTRITION INFORMATION

- ½ cup of cooked oats counts as 1 ounce in the MyPyramid.gov Grains Group. For a 2,000-calorie diet the daily recommendation is about 6 ounces.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: ½ cup (117g) rolled quick oats, cooked in water

Amount Per Serving

Calories	70	Calories from Fat	10
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% Daily Value*

Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0g	0%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 3g	

Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet.

FRUIT AND OAT MUFFINS**MAKES ABOUT 12 SERVINGS****Ingredients**

- Nonstick cooking spray
- 1 cup flour
- 2 teaspoons baking powder
- ½ cup sugar
- ½ teaspoon salt
- ½ can (about 15 ounces) fruit, such as peaches or pears, drained and chopped
- ¼ cup evaporated milk
- ¼ cup water
- 1 egg, beaten
- ¼ cup margarine, melted
- ¼ cup quick oats
- 1 tablespoon margarine, melted
- ¼ teaspoon cinnamon
- 2 tablespoons sugar

Directions

1. Preheat oven to 400 degrees F. Coat a muffin pan with nonstick cooking spray or line with paper muffin cups.
2. In a large bowl, combine flour, baking powder, ½ cup sugar, and salt. Stir in fruit until coated.
3. In a separate bowl, combine milk, water, eggs, and ¼ cup margarine. Stir into flour mixture.
4. Spoon batter into muffin cups (cups should be about half full).
5. In a small bowl, stir together oats, 1 tablespoon margarine, cinnamon, and 2 tablespoons sugar. Sprinkle evenly on top of muffins.
6. Bake for 15 to 18 minutes or until a fork or toothpick inserted into the center of the muffins comes out clean.

Nutritional Information for 1 serving (1 muffin) of Fruit and Oat Muffins							
Calories	150	Cholesterol	25 mg	Sugar	12 g	Vitamin C	1 mg
Calories from Fat	50	Sodium	190 mg	Protein	2 g	Calcium	66 mg
Total Fat	6 g	Total Carbohydrate	23 g	Vitamin A	64 RAE	Iron	1 mg
Saturated Fat	2 g	Dietary Fiber	1 g				

Recipe adapted from Commodity Supplemental Food Program Cookbook, csfpcentral.org.

ITALIAN MEATBALLS**MAKES ABOUT 6 SERVINGS****Ingredients**

- 1 pound lean ground beef
- 1 egg
- ¼ cup quick oats
- 1 tablespoon garlic powder
- 2 teaspoons dried Italian seasoning
- ½ teaspoon black pepper
- ½ teaspoon salt
- ⅛ teaspoon cumin (if you like)
- ¼ cup peanut butter
- Nonstick cooking spray

Directions

1. Preheat oven to 325 degrees F.
2. In a large mixing bowl, combine all of the ingredients. If using cumin, add that too. Mix well.
3. Form meat mixture into 1 ½-inch balls.
4. Coat baking sheet with nonstick cooking spray. Place meatballs on baking sheet lined with foil.
5. Bake for 20 to 30 minutes, or until browned.

Nutritional Information for 1 serving (about 3 meatballs) of Italian Meatballs							
Calories	220	Cholesterol	90 mg	Sugar	0 g	Vitamin C	0 mg
Calories from Fat	150	Sodium	260 mg	Protein	15 g	Calcium	22 mg
Total Fat	16 g	Total Carbohydrate	3 g	Vitamin A	12 RAE	Iron	2 mg
Saturated Fat	6 g	Dietary Fiber	1 g				

Recipe adapted from Recipezaar.com.